



The Psychological Impact of Confinement on the Tendency of Domestic Violence in the COVID-19 Pandemic Situation

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ABSTRACT

The family is a safe place because all family members in a household feel safe, comfortable and protected. However, domestic violence is still a global health issue. Domestic violence in Indonesia remains a significant social problem. One of the factors causing the occurrence of domestic violence is social environmental factors (changes in the social environment are fast). Where in this COVID-19 pandemic situation has an impact on changes in the social environment and lifestyle habits. This study aims to determine and examine the relationship between the psychological impact of confinement and the tendency of domestic violence in the COVID-19 pandemic situation. This research can be useful for the government as a reference in further policy making, especially with regard to Confinement in the COVID-19 pandemic situation and domestic violence. This study uses quantitative research methods using a sample of 175 East Java residents. The sampling technique used in this study was snowball sampling. The research instrument used was the scale of the tendency of domestic violence and the psychological impact of confinement. Data collection using online surveys. The results of the analysis using SPSS version 20 show that $r = 0.813 > 0.05$, significance value (2-tailed) = $0.000 < 0.05$. This means that there is a significant relationship between the psychological impact of confinement and the tendency for domestic violence. The relationship between the two variables is said to be unidirectional (the correlation coefficient is positive), where the higher the psychological impact of confinement, the higher the tendency for domestic violence, and vice versa, the lower the psychological impact of confinement, the lower the tendency for domestic violence.

Kata Kunci : Confinement, Gender, Domestic Violence, COVID-19

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INTRODUCTION

Large-scale social restrictions or PSBB for the East Java region in April 2020 lasted for 14 days, to prevent the spread of the COVID-19 virus. This was conveyed by the Governor of East Java Khofifah Indar Parawansa in April 2020. Large-scale social restrictions or PSBB limited the space for movement and had an impact on the economy. People are required to stay at home and leave the house only for important things.

The burden of domestic work for women increases during the period of imprisonment, one of the causes of vulnerability to domestic violence. The increase in household chores causes stress for women. In addition to working as housewives, working women also take care of their children who are studying from home.

The family is a safe place because all family members in a household feel safe, comfortable and protected. However, domestic violence is still a global health issue. Domestic violence in Indonesia remains a significant social problem. Mantiri (2012) explains that domestic violence is any act against someone, especially women, which results in suffering or suffering physically, sexually, psychologically, and neglecting the household, including threats to commit acts, coercion, or deprivation of freedom against the law in household scope. There are forms of domestic violence, namely, physical violence, verbal violence and sexual violence. Domestic violence is often an unrecognized cause of injury among women.

Ramadani, M. and Yuliani, F. (2015) explain that one of the factors of domestic violence is the rapid change in social environment. Where at the time of large-scale social restrictions or PSBB for the East Java region, all activities were carried out in the house, with the family, all activities that could normally be carried out (gathering, socializing with other people) were limited and regulated by the respective regional regulations regarding PSBB.

Confinement at home due to COVID-19 has a negative effect on mental well-being and emotional status with a greater proportion of individuals experiencing psychosocial and emotional disorders (10% to 16.5%) (Ammar, 2020). Weakening of social contact with the disruption of normal lifestyles during the COVID-19 outbreak has recently been thought to create stress throughout the population and thereby reduce mental and emotional well-being (WHO, 2020b, Gammon & Hunt, 2018).

Research conducted by Madani et al. (2020) regarding the psychological impact of confinement related to the COVID-19 pandemic in Algeria explained that 50.3% of respondents were in anxious state during the first three weeks of confinement, 48.2% felt stressed, 46.6% of respondents stated a bad mood (emotional unstable), and 47.7% did not stop thinking about the pandemic throughout the day and how to protect themselves, 87.9% of respondents found it difficult to follow confinement instructions.

Research conducted by Campbell (2020) describes actions such as maintaining distance, taking shelter in place, restricting travel, and closing community foundations even though they are needed to slow the spread of COVID-19 dramatically increasing the risk of family violence worldwide.

Based on the background above, the psychological impact of confinement as a variable that needs to be tested is its relationship with the tendency of domestic violence.

METHOD

Research Design

This type of research design used in this research is quantitative research. A variant in this research is survey research. Domestic violence functions as the dependent variable, usually symbolized as the "Y" variable. Psychological Impact Confinement functions as an independent variable (independent variable), usually symbolized as the variable "X".

Participants

The subjects in this study were men or women who were married, totaling 175 people in East Java. This research was conducted during the COVID-19 pandemic in East Java, so there are large-scale social restrictions (PSBB) regulations to reduce the impact of wider transmission. This PSBB has an economic and social impact, namely the regulation requiring WFH (work from home) in several sectors, SFH (school from home), restrictions on religious activities, restrictions on public facilities and socio-cultural activities and others. The sampling method used was snowball sampling.

Instrument

The data in this study were taken using two scales, namely the psychological impact scale of confinement, and the scale of the tendency of domestic violence. Confinement psychological impact scale of 50 items, using the *Guttman* scale, with a choice of yes and no answers. Scoring for favorable items, yes = 1, while no = 0. Scoring for unfavorable items, yes = 0, while no = 1. This scale has good reliability, namely *Cronbach's Alpha* value = 0.973 > 0.7.

The second scale is the scale of the tendency of domestic violence as many as 41 items. The scale of domestic violence uses a Likert scale with 5 answers, namely never, rarely, sometimes, often, and always. The whole item is favorable. Scoring for items never = 1, rarely = 2, sometimes = 3, often = 4, and always = 5. This scale has good reliability, namely *Cronbach's Alpha* value = 0.983 > 0.7.

Research Procedure

The procedures in this research are (1) formulating and identifying problems, (2) choosing a research design, (3) making instruments and collecting research data, (4) collecting data, (5) analyzing data and calculating the results of research data, (6) design research results.

Data Analysis Techniques

The correlation analysis technique used is to use *Spearman's rho* correlation analysis. From the results of the *Spearman's rho* correlation test, it will be known the direction of correlation and the significance of the correlation. In the analysis of *Spearman's rho* correlation, the researchers used the *Statistical Package for the Social Sciences* (SPSS) for *Windows* version 20.

The distribution normality test uses the *Kolmogorov-Smirnov* technique, with the rule if $p > 0.05$ then the data distribution is normal, on the other hand, if the $p < 0.05$, the data distribution is abnormal. The calculation of the normality test in this study was conducted using the *Statistical Package for the Social Sciences* (SPSS) for *Windows* version 20.

Linearity test through *ANOVA* if the significance level (p) linearity < 5% or the significance level (p) deviation from linearity > 5%. The calculation of the linearity test in this study was carried out using the *Statistical Package for the Social Sciences* (SPSS) for *Windows* version 20.

RESULT

The data collection process was carried out on married men or women, totaling 175 people in East Java. Data were collected from 22-28 November 2020. From the results of 225 online surveys via *Google Form*, 175 subjects matched the criteria for the subjects in this study. This is because the researchers distributed questionnaires online via social media, which are free for anyone to fill out.

Furthermore, the following are the results of tabulation of data from 175 samples of the correlation between the variable psychological impact of confinement with the tendency of domestic violence in the COVID-19 pandemic situation in East Java:

1. From the results of the distribution normality test using the *one-sample Kolmogorov-Smirnov* test, it is found that the result of significance = 0.370 is greater than 0.05. That is, the data distribution is declared normal.

2. From the results of the linearity test in the *Anova* table above, it can be explained that the calculation results of deviation from linearity = 0.000 (sig. < 0.05). This means that the data is not linear.
3. From the results of the variance homogeneity test, in the *ANOVA* table above, it can be explained that the significance or sig. = 0.000 (sig. < 0.05). That is, the variance of the two data population groups is not homogeneous.

From the calculation results, it is found that the data distribution is declared normal, the data is not linear, the variance of the two groups of the data population is not homogeneous, then the non-parametric test is used, namely the *Spearman's rho* test to measure the suitability of the data originating from two different subjects.

4. From the results of the *Spearman* correlation test above, it is explained that the correlation coefficient value is 0.813, meaning that there is a very strong relationship between the psychological impact of confinement and the tendency of domestic violence. In addition, the relationship between the two variables is said to be unidirectional (the correlation coefficient is positive), where the higher the psychological impact of confinement, the higher the tendency for domestic violence, and vice versa, the lower the psychological impact of confinement, the lower the tendency for domestic violence.
5. From the results of the *Spearman* correlation test, the sig value is also obtained. (2-tailed) = 0.000 less than 0.05. This means that there is a significant relationship between the psychological impact of confinement and the tendency for domestic violence.

DISCUSSION

This study aims to determine and examine the relationship between the psychological impact of confinement and the tendency of domestic violence in the COVID-19 pandemic situation. The results of the correlation analysis show that the main hypothesis proposed is acceptable, that is, there is a significant relationship between the psychological impact of confinement and the tendency of domestic violence. The relationship between the two variables is said to be unidirectional (the correlation coefficient is positive), where the higher the psychological impact of confinement, the higher the tendency for domestic violence, and vice versa, the lower the psychological impact of confinement, the lower the tendency for domestic violence. This is in line with previous research by Campbell (2020) describing actions such as maintaining distance, taking shelter in place, limiting travel, and closing community foundations even though they are needed to slow the spread of COVID-19 dramatically increasing the risk of family violence.

The results of this study generally support the results of previous studies regarding the relationship between the psychological impact of confinement and the tendency of domestic violence. Research conducted by Tochie et al. (2020) Intimate partner violence has become an unwanted consequence of stay-at-home policies during the COVID-19 pandemic.

Ramadani, M., & Yuliani, F. (2015) explain the factors that cause domestic violence, one of which is the social environmental factor (rapid change in the social environment change). Where humans are social creatures who need social contact with their environment, while during the COVID-19 pandemic all activities are limited to at home.

In accordance with the Decree of the Minister of Health of the Republic of Indonesia Number 9 of 2020 concerning Guidelines for Large-Scale Social Restrictions in the Framework of Accelerating the Management of Corona Virus Disease 2019 (COVID-19), confinement is included in the Implementation of Large-Scale Social Restrictions, including (1) school holidays (termination of

the learning process teaching in schools and replacing it with teaching and learning at home with the most effective media) and the workplace; (2) restrictions on religious activities; (3) restrictions on activities in public places or facilities; (4) restrictions on social and cultural activities; (5) limitation of the mode of transportation; (6) limitation of other activities specifically related to defense and security aspects.

Confinement during the pandemic takes the form of social restrictions and reduced mobility imposed by government entities to contain the spread of the COVID-19 virus. The choice of confinement during the COVID-19 pandemic has had a positive effect on the restriction of the spread of the virus but at the same time caused many symptoms of emotional discomfort and psychological disturbance in society. The confinement caused by the COVID-19 pandemic has affected people's lives by completely changing their routines and isolating themselves from others.

Research conducted by Madani, et al. (2020) show that the psychological impact of confinement during the COVID-19 pandemic, namely difficulty following confinement instructions, anxiety, stress, bad mood, does not stop thinking all day about COVID-19 and its consequences excessively.

The limitation of this research is online data collection, so that you cannot directly meet face to face, and conduct interviews at the same time in order to dig deeper into the data. The sample taken is relatively small from the existing population. The time for sampling and research is quite short.

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Ethics Policies

All sources written in the text have been written in the bibliography and there is no conflict of interest with any party.

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